

VOL. 2

No. 3



J U D O

QUARTERLY BULLETIN
OCTOBER, 1946

THE BUDOKWAI
15, LOWER GROSVENOR PLACE
LONDON, S.W.1

TWO SHILLINGS



THE BUDOKWAI,

Founded 1918.

GENERAL COMMITTEE :

R. A. HOARE.

G. KOIZUMI.

E. H. MOSSOM.

J. F. DUFF.

R. HOLLMANN.

J. TURNER.

Chairman :

R. A. HOARE.

Secretary .. G. KOIZUMI. *Treasurer* .. R. HOLLMANN

Asst. Sec. .. M. BELL. *Asst. Treas.* .. E. DOMINY.

Maintenance Stewards :

M. F. FAYERS.

A. FLEETWOOD.

Editor :

Miss E. RUSSELL-SMITH.

DOJO HOURS :

Dojo Stewards on Duty.

Mondays .. 6.30—9 p.m. L. G. HUNT ; J. A. FROST.

Tuesdays .. " " Miss E. RUSSELL-SMITH ;
D. P. MANN.

Wednesdays .. " " P. SEKINE ; W. D. RAE.

Fridays .. " " A. DELPIANO ; F. P. KAUERT.

Saturdays .. 3—5 p.m. G. GRANT.

CONTENTS

	Page
OBITUARY	2
CLUB NEWS	2
JUDO AS A SPORT, by G.K.	5
DOJO DOINGS, by E. H. Mossom	10
JUDO, COUNTERING, by G.K.	11
EDINBURGH VACATION SCHOOL, by G.K.	14
THE ACCOUNT OF THE VACATION SCHOOL	16
GRADING RESULTS	17
HISTORY OF JUDO, by G.K.	17
GROUND WORK, by Len Hunt, illustrated by L. A. Webb ..	20
OVERHEARD IN THE DOJO, by the Editor	22
JU-NO-KATA, by G.K., Ivy Carter and L. A. Webb ..	23
MORE REFLECTIONS ON FEET, by Kheir-Pedis	27
QUESTIONS AND ANSWERS	32

OBITUARY

BEATRICE WOOLHOUSE.

Members will be very grieved to learn of the death of Beatrice Woolhouse, on the 12th September, at the Jubilee Hospital, Wood Green.

Miss Woolhouse, who was in the 1st Dan grade, had been associated with the Budokwai almost since its foundation. She took part in many displays, including performances for television at Alexandra Palace. Her beautiful demonstrations of Ju-No-Kata are not likely to be forgotten by anyone fortunate enough to see them. The Club owes her much for her generous help in spreading the knowledge of Judo, and especially for all she did in helping with the arrangements for the pre-war international matches with German teams.

Miss Woolhouse became ill nearly two years ago and faced a long and painful illness with outstanding cheerfulness and courage.

CLUB NEWS

NEWS FROM AFFILIATED CLUBS.

Merseyside Judo Society.

The Merseyside Judo Society reports that members have been helping to give instruction in Judo at Liverpool University Gymnasium and that it is hoped that the classes will be resumed in October. Classes are also being given for boys at St. George's School, Freshfield.

The Society has recently been visited by two well-known "Catch-as-Catch-Can" wrestlers, Mr. D. Armstrong of Newcastle-on-Tyne and Mr. W. Riley of Wigan, formerly welterweight champion of the world.

The Secretary, Mr. J. McKenna, recently called at the Jay Lawrence Judo Club at Nottingham and reports that visits from any member of the Budokwai who happens to be in the district would be welcome.

The Katho-Ryu Judo Club.

The Katho-Ryu Judo Club, at Grimsby, sends the following introduction to its more prominent members, entitled "Meet the Boys."

"Alan Bass, one of the biggest (and ugliest) members of the club is a keen Judo-ka who can make excellent use of his 6 ft. and 13 stone in a vigorous tussle on the mat. Although not all what is expected of a medical student he has a good sense of humour and can nearly always be relied upon to liven up all the meetings.

"C. W. Carter (The Sec.) is well known to us all as the most proficient exponent of Judo at the club (when no one else is there).

"His greatest asset is being able to combine nearly 13 stone with a natural ability to pull the most grotesque faces imaginable. It is with these gifts that he gains quite a number of bouts.

"Mr. K. R. Thorpe (our instructor) impresses us most with having a well developed sense of humour and the patience of Job which are both necessary when instructing novitiates like ourselves in Judo.

"First impressions of him are deceiving. Few realise that he heaves larger members of the club around like ninepins (i.e. Messrs. Carter & Bass).

"Deeply interested in the scientific and philosophy side of Judo, he has the rare ability to 'think' Judo.

"Derek Hopkinson has only been at Judo a month or two but has developed the ability to specialise in ground work. Rather quiet by nature although possessing a good sense of humour."

Murphy Radio Sports Club : Judo Section.

The Murphy Judo Section is just six months old and, in spite of present day difficulties, has managed to equip itself quite well.

There are 20 practising members and meetings are held twice a week and are well attended. Members are looking forward to some well-spent evenings during the winter months and hope to produce some coloured belts at their forthcoming grading.

The only instructor is Mr. O'Hanlon and "both he and ourselves feel it would be a good thing if we could have a visit from a Budokwai *black belt* occasionally."

NEWS FROM ABROAD.

It is a welcome sign of the return of more normal conditions in Europe that we are receiving an increasing number of letters from other countries and there is once again talk of international contests, foreign visitors and tours abroad.

France.

The "Club Saint Honoré" at 274, rue St. Honoré, Paris, was visited by K. and G. Friedman on their way to America. M. Georges London, who runs the club sent an invitation to all members of the Budokwai to visit his club at any time they are in Paris.

Mr. K. Friedman also visited the Judo Club run by M. Jean Ziu at 18, rue Neuve St. Catherine, Marseilles, and M. Ziu has also sent a cordial invitation to members who may at any time happen to be in Marseilles.

At both these clubs inquiries were made about the possibilities of affiliation to the Budokwai.

Czechoslovakia.

The Czechoslovakian Jiu-Jitsu Union has invited an English team to take part in a contest to be held at Pilsen to celebrate the tenth anniversary of the Czechoslovakian Jiu-Jitsu Association. The Union suggests that a return contest should be arranged later in England. A Czechoslovakian team took part in an international contest at Basle in April with the results, Switzerland 6, Czechoslovakia 4.

Holland.

A further visit has been received from Dutch Judoka to discuss co-operation between Dutch Judo Clubs and the Budokwai and we understand that a Dutch "Judokwai" has now been founded on the same lines as the Budokwai and is applying for affiliation.

The Dutch Jiu-Jitsu Union has as its motto "*Driemaal gewapend is hij die vaardig is in jiu jitsu*," which might we imagine be translated to give a new ending to the old tag :—

"Twice armed is he who has his quarrel just,
But thrice armed he who studies Judo first."

Portugal.

M. Antonio Pereira writes from R. Pinheiro Chagas 2, Lisboa, Portugal, that he has a small private dojo where he practises Judo and Kendo "with the only Japanese now in Portugal," and would be very pleased to receive a visit from any member of the Budokwai who happens to visit Portugal.

Germany.

A Judo group has been started in Hamburg for the Occupation Forces and Mr. E. Hoelzel, believed to be the only member of the Dan grade in the British zone, is acting as instructor.

The permission of the Occupation Authorities is being sought to start a club again in Frankfurt-am-Main, where the old premises have been destroyed.

News has been received of some of the Frankfurt members of former German teams which competed with the Budokwai. Philipp Breitstadt and Heinz Thomas have been killed in action. Rhode and Lehmann are missing. Brehm, Winkler, Schaefer and Paul Brunner have returned to Frankfurt.

AU REVOIR.

In a letter to "Fellow members," written just before leaving for America, Mr. K. H. Friedman (2nd Dan) and Mr. G. Friedman (1st Kyu) say: "We shall always look back on the enjoyable hours we have spent at the Budokwai, which we almost regarded as our second home (despite a few broken and twisted limbs). We shall miss the happy and friendly atmosphere of the Dojo and especially some of the rougher practices with members whose skill we do not doubt.

Maybe one day we shall be back. We should like to convey our thanks and deep gratitude to the club and especially to G.K. without whose help and guidance we should never have passed beyond a dirty grey-white belt. We very much hope that we shall remember at least some of the things he taught us."

PHILOSOPHY IN THE BULLETIN.

Among the articles held over for lack of space is one on Zen Buddhism. The Bulletin exists to give members what they want to read. The Editor is not certain whether members appreciate articles on philosophy, where the connection with Judo is sometimes rather remote, and she would like guidance. How much philosophy would you like?

QUESTIONS AND ANSWERS.

This is a new feature which appears on the last page. Everyone is invited to send in questions—especially affiliated clubs. The only condition is that they should be about Judo.

FUTURE VACATION SCHOOLS.

Leeds	7th—12th April, 1947
Bristol	21st—26th July, 1947

All inquiries to Mr. J. McKenna, Merseyside Judo Society, 3/7 Carlisle Street, Birkenhead.

BUDOKWAI BADGES.

Club Badges, in cloth, to be sewn on to the Judo jacket, can now be obtained from the Secretary, price 4s.
News for the January Bulletin should reach the Editor by 1st December.

JUDO AS A SPORT

Judo or Ju-Jutsu, by nature, cannot be classified as a sport, a game or a form of physical recreation. The object in view and the methods used are too drastic. Definitely it is an art of combat. In days past, the training in the art was undertaken very seriously. The conduct of practice or contest was so earnest that perfect safety could not be guaranteed. Therefore applicants for instruction used to affix their signatures written in their own blood to a declaration, supported by two responsible sureties, that they would not hold the teacher or institution responsible for any injury, even death, which might arise in the course of training. An application to be admitted to the Kodokwan to-day has to be made with a similar declaration, sponsored by two people who are prepared to be responsible for the good behaviour of the applicant. Then, being admitted, the applicant has to sign the following pledges:—

On entering the institution for the purpose of learning Judo, I promise not to suspend my study without good reason.

I promise not to do anything likely to impair the honour of the institution.

I promise not to divulge any secret without permission.

I promise to adhere strictly to the regulation of the institution not only during my probation as a pupil but even after my graduation, provided that I make it my profession to teach Judo.

When one realizes the power of the art, one cannot play about with it light-heartedly, as it could be dangerous as a naked sword. We all pass the stage of curiosity in the early days of training, but as we make progress we become more and more cautious in using and even in demonstrating the art. Finally we reach the stage where the maxim "The best use of a sword is not using it and the worst is using it" prevails.

However in the form regularized by Prof. J. Kano, the founder of Kodokwan Judo, the art can be practised in the form of sport. By eliminating all dangerous methods and developing a new technique it has been made an ideal form of not only physical but mental and spiritual education and recreation. This innovation in no way detracts from the value of the training in attaining efficiency or skill.

The element of sport in Judo arises from the fact that by keeping the body in a balanced state one cannot make any effort effective, for the weight of the body cannot be brought into action. This means that when one makes any active attempt one weakens one's balance, and provides an opening for the opponent. In turn one may oneself find an opening when the opponent tries to take advantage of one's weakened balance. So a chain of openings is created, the contestants alternately providing openings to each other.

Thus can be seen the object of the training. The effort should be to give the opponent no chance to counter, by keeping him in an unbalanced state while one acts. Then to keep the mind calm and alert, to be able to judge the opponent's intention, and the speed and direction of his movement and train oneself to attain rhythmic yet timely co-ordination of every part of the body. Practice should be practice, practice of the theories. Contest is to try out the skill attained. It should not be overpowered by the possible result. The result is an experience for further progress.

Skill depends on trained, automatic, unconscious action. Conscious control of all factors for efficiency is an impossibility, for an opening passes in a flash of a moment. When an opening is seen it is generally too late to work upon it. One must foresee it coming.

Judo is often regarded as a form of wrestling. This perhaps is due to the fact that at the beginning of this century when Ju-Jutsu was first introduced to the Western World, it was billed side by side

with wrestling and similarly featured by showmanship. Then the keenest of students never mastered or even reached the standard at which one is able to assimilate the art in its subtle simplicity. The art developed from the fact that the SAMURAI or warriors in their code of honour had to fight to a finish on equal terms, so that in the battle field of ancient feudal days one had to throw away one's sword if the opponent lost his. Then every means and any method was justified for gaining victory over one's opponent. Throws are intended to cause injury or death to the opponent; holding, a method of keeping the opponent helplessly on the ground; arm and leg locks, an art of dislocating the joints or bringing the opponent to submission. Neck locks, in the main, are for reducing the opponent to a state of coma by stopping the circulation of blood to the brain and applying pressure to certain nerve centres. ATEMI is the method of delivering blows to vital parts of the body and nerve centres to paralyse the opponent, even to cause death. In this, fists, the side of the hand, the elbow, finger tips, knees, the ball of the feet are used. Then there are methods specially designed to meet various forms of attack, holds on the wrists, arm, body, throat, etc., and attacks with weapons. KATSU, or KAPPO, is an art of resuscitation which is taught to those who have attained the grade of 1st Dan. Such is the nature of the art of Judo, but by acquiring methods of controlling the effect of throws, breaking falls, and with moderation and elimination, all of the above except ATEMI can be safely practised as a sport. ATEMI can only be practised in a formal manner or with a shadow opponent.

The following are extracts from the contest rules universally recognized:

A throw, lock and hold each count one point.

A throw to be counted as a point must fulfil the following three conditions:—It must be executed intentionally. It must be executed with a certain impetus. The opponent must be thrown on his back.

When a competitor in a standing position skilfully lifts his opponent shoulder high, in such a way that a dangerous throw could be executed, the umpire shall stop the throw and award him a point.

Ground work begins when a throw has been unsuccessful and one or both competitors fall to the ground. A contestant must not remain on the ground when his opponent is up and standing.

Should one contestant go to the ground more than three times other than through the intended employment of throwing technique the umpire may award a penalty point against him.

The following conditions are necessary for locks to be recognized:—The signal of defeat must be given by a competitor. The effect must be recognized by the umpire.

A hold is counted as a point when a contestant holds his opponent on the ground for thirty seconds without a lock. The hold is considered to be broken when an opponent puts his arm or leg on the body of the holder in such a manner that a lock or disturbance of the hold may occur. The counting of time for holding shall not be interrupted by the termination of the specified time of the contest.

Should a contestant be injured and as a result be unable to continue the contest further, then the umpire may decide the contest on the following lines :—Should the injury be due to his own struggles or carelessness, then the injured man loses a point. Should the injury be due to similar action on the part of the opponent, then the injured man wins a point. Should the cause however be traceable to the carelessness of both contestants or be unknown, then no point is counted.

Should a contestant not wish to continue the contest as the result of a slight injury, then the umpire shall exercise his judgment and decide the contest.

The following actions are barred :—

Throwing the opponent on his head, shoulder or neck.

Twisting or bending the fingers, wrists, toes, jaw, head and spine.

Ankle locks, leg locks, kidney squeezes, pinching, nerve pressing, blows.

Applying or pressing the hands against the face.

Pulling down the opponent for the purpose of beginning ground work.

Squeezing the head with legs or arms.

Applying locks with a jerk.

Side body throws when either contestant is below 1st Kyu grade.

Gripping inside the sleeves or trousers.

The sense of superiority is an innate instinct of human life, from which the spirit of competition, the process of progress, arises, but when it is not counter balanced with opposing factors of life and placed in a proper perspective it is likely to cause one to lose a balanced outlook and lead one to the destruction of life itself. When Judo practice, which includes contests, is overweighed by contest or the competitive spirit, the art degenerates to the state of Ju Jutsu before Prof. Kano reformed it and called it Judo instead of Ju Jutsu. Those who are imbued strongly with the competitive spirit are inclined to give it vent, and use methods, rightly or wrongly, just to win the contest, and also by adopting technical evasions try to avoid points being counted against them. This then would prompt the opponent to make efforts to force the issue by force and violence, thereby making

the practice unnecessarily uncomfortable and unpleasant, if it does not expose the participants to serious risks. Judo will then defeat its own ends. Judo should be for the benefit of man, not man for Judo.

It is however natural for each Judoka to develop his own individual style according to his idiosyncratic mental developments. One with a large phrenological, "bump" of approbateness is attracted by limelights, so by publicity, display—combateness, by contest—ideality, by theoretical perfection, aesthetic and philosophical attributes—acquisitiveness, by the collection of knowledge and books, and finance. Such are innate influential factors of life. The aim of Judo training is to promote balanced development of all the faculties, a means of personal attainment. Therefore Judo contests or displays are of the nature of private functions of those concerned and are not for public entertainment, although friends may be invited. The skill and attainments are distinguished by grades and the colours of the belts worn. There is no championship title as in competitive sports.

The training or practice is conducted in two manners. One is called KATA or formal, the other RANDORI, meaning informal holding. In the first, by arrangement, one gives the correct opening while the other applies or executes the technique according to theory, slowly or quickly. Therefore it is suitable for theoretical study and demonstration. The second is more realistic, the participants strive to score points against each other, with all the methods and knowledge they have attained. There is no restriction in the approach or hold except those stated in the contest rules. This is a vital and essential form of training for skill and speed, in fact for all attributes connected with Judo training.

Life in a sense is a form of sport. From birth to death, even after death, it is constantly driven by the sense or urge of supremacy, stimulated by imagination striving after a never divulged better future. The health of life depends on giving suitable exercise or giving natural outlet to these instincts. The course of life consists of the experiences which are indicative of this way of nature.

The training on the Judo mats not only promotes the concepts and realization of the permutating principle of nature but provides an ample field for exercising other factors of life, physically, mentally and spiritually.

Judo is an art and science which should be kept above all artificial boundaries, free from any financial, commercial and personal influences. New inventions should be common knowledge. Above all it should not be dressed in any "uniform", national, racial, political, sectional, or personal.

G.K.

DOJO DOINGS

Dear Fellow Members,

I suppose I ought to write these lines with a Scotch accent this quarter, but before I get to the summer school proper, I should like to give you a brief resumé of the very fine show arranged by Chew, 2nd Dan, at Gilmore House on July 16th. To an audience composed mainly of young people of both sexes, Chew introduced as compère no less a personality than T. P. Leggett, 5th Dan, who took over the job in his own competent manner and proceeded to force the show along at a fine pace. The KATA was performed by G. K., Friedman and myself, and a team match, which according to the programme was between London University and the Budokwai, after some terrific duels went to London University. (How long Pony Friedman, Doug Mann and Phil Amey have been at this institution I can't say, but they made a fine team anyway!). The high spot of the evening came when Leggett, forsaking his duties as compère, showed in no uncertain fashion that his practical Judo was as dynamic as his compèring, by taking on all the other men who were appearing in the show. They numbered eleven in all and included one 3rd Dan, three 2nd Dans, two 1st Dans and five men under the black belt grade. It isn't possible to take you through that effort move by move, although I would like to, so I must ask you to accept my word when I tell you that Leggett didn't waste a move, or miss an opening. The lower grade men went down like ninepins and the Dan grades, while lasting a little longer, had no defence to offer in the face of that shattering attack. If my opinion is of interest to any of you, let me state here and now that, outside Japan, Leggett is the greatest Judo man in the world, so to him and George Chew goes the credit for arranging and presenting an outstanding show.

It is not my intention to give a detailed report of the Summer School. No doubt other members will attend to this, so let it suffice for me to comment on some of the points that struck me. The main instruction was given by Mr. Koizumi, while Percy Sekine and I aided him to the best of our ability. On one occasion I was permitted to take the class alone and I can only hope that the difference between my theories and explanations and those of G.K. were not too marked. The noisiest, most energetic, most likeable wild man of the class was without a doubt Tom Houston. This sawn-off iron man never left a dull moment and his "see wot I mean, mate" was a feature of all the sessions. If you add to this the fact, that as far as I could gather, everybody in Scotland knows Houston you will realize he's a hell of a man. A public show was given during the week, arranged by Houston and compèred by John McKenna of Birkenhead. All the Budokwai men took part and right nobly they worked, so much so, that the show, starting on a very slow note, developed into a riot with some 5,000 roaring Scots asking for more.

As I had to appear with Friedman in a show at Sidcup on Saturday, July 27th, it was necessary for me to leave Scotland on Friday evening, so I must leave the grading and the doings of the second week to another pen.

By the time these notes appear in print, the club will have lost one of its hardest working and keenest members, to wit Pony Friedman. He, together with his family are going to America to live, and with him will go the best wishes of Judo men all over the country. Friedman joined with me some four years ago with a view to giving public exhibitions to further the cause of Judo, and what a showman he became! You didn't have to tell Pony twice. As often as not he would beat you to it. He had an inborn sense of showmanship and without him the club would not have the proud record it has today of always being ready to supply performers. Many of you will have heard me bawling Pony out over some point or other but nobody worked harder to make himself proficient, and he gained my respect from the way he overcame physical discomforts. Many times during our association he appeared in shows strapped up with plaster but always he gave his best, even if he did on numerous occasions forget to arrange for a mat! So good luck to you, Pony. The club's a poorer place without you, but rest assured that you will not be forgotten and when foaming tankards are raised round at the "Flute and Flypaper" we shall not forget to say "Skoal" to Pony Friedman.

So for this quarter, that's all, wishing you all the best of luck.

Yours sincerely,

E. H. MOSSOM,
3rd DAN.

JUDO

(Continued from the last Bulletin).

HOW TO COUNTER A DRAWING ANKLE THROW AND TO COUNTER THE COUNTER.

The methods of countering the opponent's effort may be divided into positive and negative forms. The former are those which rely on opposing force against the opponent's movement, the latter, on the principle of non-resistance.

The positive form of countering might be effective in cutting short the opponent's effort but lacks rhythm and continuity. Therefore in practice JUDOKA, especially beginners, are advised not to get into the habit of using this form, for it will not only prevent progress in the training of correct movements but invites force and accidents.

To overcome the habit of using force against force is one of the hardest in Judo training. Until it is done little progress can be

expected. Thus all beginners are taught not to attempt to counter at all until they get some sense of non-resistance and breakfall. Attempts at unskilled countering are most dangerous on the Judo mats. Most accidents can be traced to this source.

In the negative form, while yielding to the force one maintains the condition of balance by the movement of hips, knees, feet and ankles. This can be exercised to neutralize the opponent's effort or to extend it so that the opponent's movement can be utilized for applying a counter throw.

The counter work is possible only when your opponent's effort is faulty in timing or technical details and your balance is not too far disturbed, or you perceive the opponent's intention. Sometimes a counter throw can be applied as you take a throw, but once you are thrown it does not matter how quickly or cleverly you may apply a throw, it cannot be recognized as a counter ; a point will be against you in a contest. Technical subtleness and aesthetic finesse are vital for the efficiency of the art but evade all efforts at description. The following therefore must be taken as a broad outline.

Assuming you detect that your opponent intends to apply a drawing ankle throw, as described in the last number of the Bulletin. your positive counter or defence will be as follows :

The time to apply the counter is just before or at the commencement of the attack.

You should keep your body upright and rigid.

"Tap" sharply the opponent's right side with your left hand by way of a push, and pull with your right hand.

The tapping should literally be tapping, and should not be continuous pushing or pulling.

The action should be the local engagement of the arms.

This action will break the initiative and rhythm of the opponent's move, and nip his intention in the bud. The "tapping" and local use of arms are to safeguard against being countered.

At the end of this counter if you find the opponent is standing rather leaning backward, it is an opportunity for you to apply UCHI-MATA (inner thigh). If, however, the opponent moves his feet and turns his body, it is an opening for you to apply other counter throws. Turn your body sharply to your left for OSOTO-GARI (major outer reaping). This then in turn will present an opportunity to the opponent for countering you with OSOTO-GARI or OSOTO-OTOSHI (major outer drop). If the opponent tries to consolidate himself after his failure by bending his body forward, KOSOTO-GARI (minor outer reaping) can be applied as your counter. In this case the counter for the opponent will be TOMOYE-NAGE (stomach throw).

For the negative counter, you should :

Yield somewhat to the opponent's action,
Turn your hips to the right,
Bend your left knee and ankle,
Keep your right leg at the rear,
Lightly push your opponent with your left hand.

This will weaken the opponent's balance but you are providing for the opponent an opening for TOMOYE-NAGE, or YOKO-SUTEMI (side body throw).

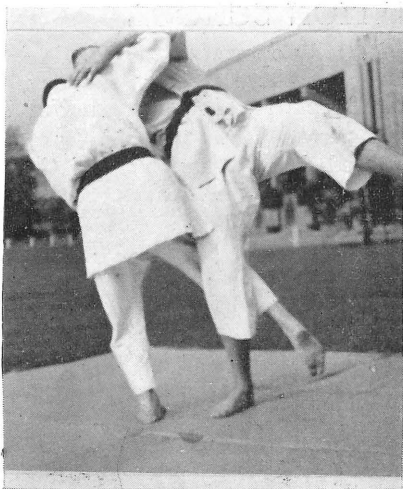
Another form of countering is to jump over the opponent's outstretched left leg. This movement can be developed into a YOKO-SUTEMI. The opponent's counter against your jumping counter will be HIZA-GURUMA (knee wheel) or TOMOYE-NAGE.

I must leave the technical details of the various throws mentioned above to be dealt with under their own heading.

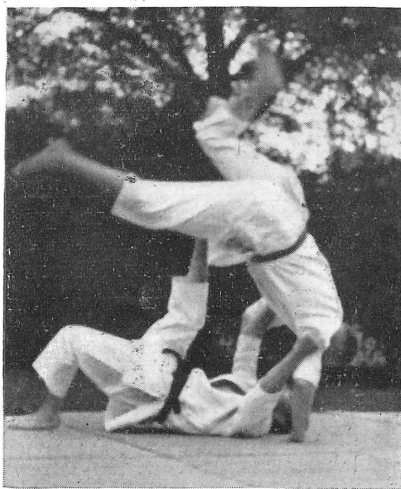
As the foregoing shows, every move one makes means an opening for the opponent. So, an attack which fails should be followed with others which would fit into the particular opening provided by the opponent's countering effort, in the manner of countering counters. The practice in this form not only sharpens the power of observation and quickens actions, mentally and physically, but provides variety and increases interest. Failure of effort in practice or contest should not be the source of discouragement or despair. It is a sign of the need of more practice and further effort.

G. K.

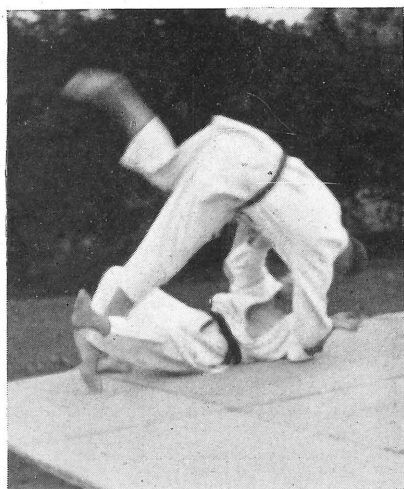
(January number, Other ankle throws).



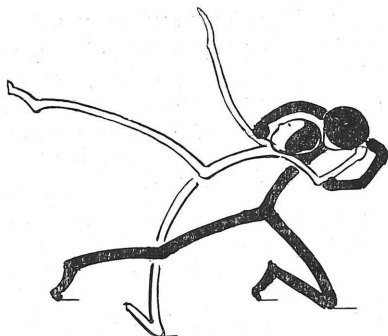
OSOTO-GARI.



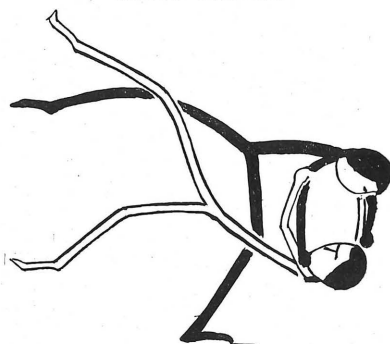
TOMOYE-NAGE.



YOKO-SUTEMI.



OSOTO-OTOSHI.



UCHIMATA.

EDINBURGH VACATION SCHOOL

The Summer School, 1946, was formally opened on the 22nd of July with a short address by Mr. J. McKenna, the organizing secretary, at the Pollock Institute of Physical Education of Edinburgh University.

The twenty-two students journeyed from many parts of the country including Birkenhead, Liverpool, Birmingham, Blackpool, Bathgate, Newcastle-on-Tyne, Nottingham, Leeds and London. Their grades ranged from complete beginners to 1st DAN. The teachers were Messrs. Mossom, Sekine and Koizumi.

Two sets of mats, each measuring about 18 feet square, were laid on the floor of a spacious gymnasium, airy and well equipped, supervised by Mr. T. Houston, the Physical Training Instructor of the University.

The building was, we were told, originally a brewery. The firm which operated it went bankrupt owing to a long-extended labour dispute. Then Sir Donald Pollock bought and reconstructed it as it is now for the University.

Sir Donald Pollock was a physician who served in the Navy in the last war. He was rewarded with wealth for his ingenious method of raising the scuttled German fleet at Scapa Flow. His method was novel and simple, it was to turn the ships upside down and blow air into their hulls. His generous heart and public spirit, it appears, conferred benefits on the old capital in many other ways.

The class worked on theory in the morning, RANDORI in the evening, two hours of each. In order to make full use of the short time, the work was made hard. No doubt some felt stiff and aching but the sounds that echoed from the bathroom at the end of sessions rang with happy note and merry tone, although they cannot be said to have been quite tuneful.

The grading contests on Saturday, 27th July, showed that some members had made marked progress.

The weather was not quite appropriate for a summer holiday but ideal for sight-seeing. The ancient city was full of historical interest. The hills, in and out of it, gave the "foreigners" the highest appreciation for Scottish scenery.

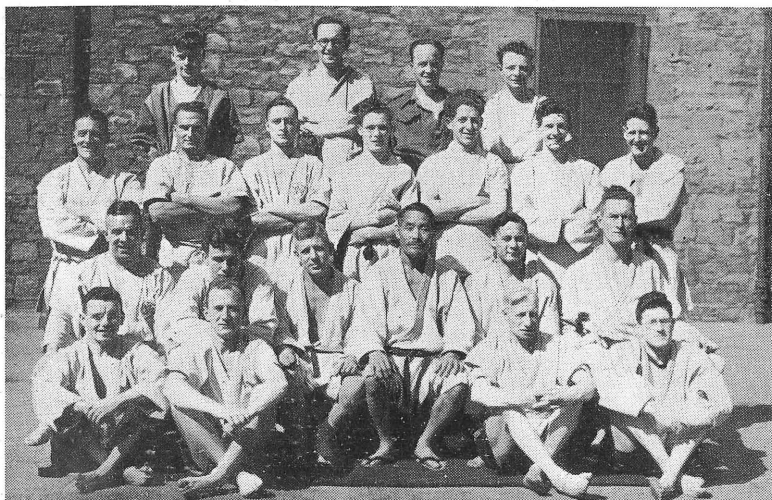
On the 25th July, Wednesday, an open-air display was arranged at Princes Street Gardens. The seats and standing room, on a natural terrace of steeply rising hillside, were packed to the utmost. The audience was estimated at over 4,000. The programme was conducted with a commentary by Mr. McKenna with a microphone. Starting with NAGE-NO-KATA, by Mossom and G. K., followed with Breakfalls by Kauert, KATAME-NO-KATA by Sekine and Amey, GO-NO-SEN-NO-KATA by Mossom and G. K., exhibition RANDORI by Sekine and Dominy and Mossom and Kauert. There was no response to an invitation to the audience, so it was concluded with KIME-NO-KATA by Mossom and G.K.

At the end of the display, in response to the announcement that the Judo school might be extended by another week if there were a sufficient number of applicants, the "stage door" was besieged by a crowd larger than the organizing secretary could handle on the spot. On Friday fourteen people were enlisted for the second week. However the extension week was left in the hands of Kauert, Dominy and G. K., for Mossom, Sekine and Amey were obliged to return home by the night train on Friday.

In order to meet the convenience of the members of the class (not to save strain on the teachers!) the sessions were held only in the evenings, three hours each. The attendants were all uninitiated but it was satisfying to see that at the end of the week they were enthusiastic enough to start a machinery the aim of which was to formulate a Judo club. However, Robin, a boy of twelve, the mascot of the class, did not support the idea, for he thought he would not be able to get proper or sufficient instruction!

The hospitality and happy countenance of the Scottish people, especially the women, made us Southerners feel quite at home, and the end of the fortnight came all too soon.

G. K.



EDINBURGH VACATION SCHOOL.

(Names from top left to right)

J. W. HUDSPETH, F. H. KEMP, J. LIVINGSTONE, C. MUIR, T. HOUSTON, I. DOGGETT, D. HARDIE,
K. BILLINGS, G. ATHERTON, W. A. CRAIG, E. DOMINY, J. MCKENNA, P. AMEY, E. H. MOSSOM,
G. KOIZUMI, P. SEKINE, F. KAUERT, J. GARRETT, R. ENGLISH, W. YOUNG, J. G. GRAY.

ACCOUNT OF THE VACATION SCHOOL.

	Payments.			Receipts.		
	£	s.	d.	£	s.	d.
Twenty-two Students at £2 2s. 0d.				46	4	0
Fourteen Students (2nd week) at £1 10s. 0d.				21	0	0
Display Donation				5	0	0
Advertisements	4	8	6			
Printing	1	4	6			
Stationery	1	9	0			
Stamps	3	0	0			
Hire of gymnasium	6	6	0			
Railway fares for three teachers	15	0	7			
Lodging for three teachers	19	2	0			
Meals for three teachers	12	18	1			
Sundry Expenses	5	15	11			
Balance	2	19	5			
	72	4	0	72	4	0

GRADING RESULTS

GRADING AT VACATION SCHOOL.

J. H. GARRETT (Edinburgh)	3rd KYU	L. DOGGETT (Newcastle)	4th KYU
F. H. KEMP (Nottingham)	3rd "	T. HOUSTON (Edinburgh)	4th "
K. K. THAIN (Leeds)	3rd "	W. A. CRAIG (Edinburgh)	5th "
K. BILLINGS (Birkenhead)	3rd "	T. W. HUDSPETH (Newcastle)	5th "

GRADING, THE BUDOKWAI, 17TH JULY, 1946.

N. W. BROWNE	2nd KYU	B. POPE	5th KYU
A. J. KNIGHT	3rd "	J. H. JONES	5th "
F. DAVEY	3rd "	R. D. MAYZE	5th "
A. R. WATSON	3rd "	E. G. CATTLE	6th "
G. H. LUCAS	3rd "	C. B. MEALIN	6th "
A. HEZZLEWOOD	3rd "	S. SHOFFROCK	6th "
R. WOOD	3rd "	J. KNIGHT	6th "
W. MILLWARD	4th "	P. FOSTER	6th "
D. G. BURR	4th "	H. PRICE	6th "
A. E. MADDIX	5th "	A. C. CASSELL	6th "
L. H. EWELL	5th "	R. MORRIS	6th "

3rd SEPTEMBER, 1946.

IVY CARTER

5th KYU

HISTORY OF JUDO

(Continued from the last Bulletin)

" Ju Jitsu has branched off into several tens of schools, not few of which have no reliable records, even concerning their founders. The following is a brief account of the origin of some of the most prosperous schools.

" TAKENOUCH-RYU. The founder of the school was Hisamori Takenouchi, a native of Haga Village in the province of Mimasaka. A devout believer in the deity of Atago, he kept a long vigil in the Sannomiya Shrine in June, 1532. There filled with pious feeling and zealous with burning faith, he exercised himself by wielding a wooden sword measuring two feet four inches, and by striking it against a big tree. Night after night he assiduously continued his practice, until one night, completely exhausted, he fell asleep using his wooden sword as a pillow. Suddenly there appeared in front of him, so says the tradition, a strange grey-haired Yamabushi, one of a religious class who wanders from place to place undergoing worldly privations. So unexpected was the man's appearance that Takenouchi knew not whence he had come. Presently the newcomer addressed him and taught him five arresting devices, showing him also the advantages of small arms over large ones. He further advised him to reduce his wooden sword to half its length. So much for the tradition. The art of arresting thus learnt by Takenouchi was afterwards called Kogusoku, and exists to-day, after eleven generations of his professional successors. This school enjoys a large following throughout the country, its present head living in the birthplace of its founder.

YOSHIN-RYU. The founder is Yoshin Miura, a physician of Nagasaki. Thinking that many an illness was the outcome of a disproportionate use of mind and body, he contrived some Ju Jitsu tricks, studied them with two of his disciples, and at last worked out twenty one arresting devices, adding fifty-one more afterwards. After his death the two disciples who assisted him in his invention, set up their own Ju Jitsu schools, which were respectively called the Miura-Ryu and the Yoshin-Ryu after the family and personal names of the originator.

“ Another account claims Shirobei Akiyama, also a physician of Nagasaki, to be the founder of this school. It says that Akiyama learnt in China three modes of Hakuda and twenty-eight kinds of Kappo (a peculiar Ju Jitsu art of resuscitating an apparently dead person), and on his return taught them to his countrymen. His efforts were, however, rewarded with little success, his disciples successively leaving him from their weariness of the repeated exercises in the comparatively small number of modes comprising his art. Mortified with this unenviable situation, Akiyama prayed the Tenjin of Dazaifu for a better perfection of his art, and buried himself in deep contemplation for a hundred days. One day, during his meditation, a heavy snowfall occurred, and many trees had either their trunks or limbs broken under the weight of the snow. In the midst of this dreary scene, there was a solitary willow standing just in front of the shrine, which was so pliant that the snow was unable to accumulate upon it, the tree thus saving itself from the fate of the majority of the stouter ones. This phenomenon greatly struck the devout thinker, who, from the valuable lesson thus taught him, succeeded in inventing three hundred Ju Jitsu tricks and thus founded the YOSHIN-RYU (School of the Heart of Willow).

SEKIGUCHI-RYU. The founder is Jushin Sekiguchi, whose ancestor was related to the Imagawa family, once a powerful military house in Suruga. In his youth, he devotedly took to fencing and Ju Jitsu and finally became an admirable master of both. Afterwards he removed to Yedo, where his diligent application to the study of Ju Jitsu soon won him universal fame, which resulted in the founding of his own school.

“ **SHIBUKAWA-RYU.** The founder Bangoro Shibukawa learnt Ju Jitsu under Hachirozaemon Sekiguchi, and gained great proficiency. He lived in Yedo and was popular.

“ **KUSHIN-RYU.** Founded by Nagakatsu Inouye, whose grandson Nagayasu (generally known as Gumbei), being a great adept in Ju Jitsu was better known as the founder. This school resembles the Kito-Ryu very much and naturally so, it being stated that Nagayasu learnt under one Takino, a Kito-Ryu man, in 1717. Nagayasu also lived in Yedo, enjoying great repute.

“KITO-RYU. Founded by Kanyemon Terada, a retainer of Tango-no-Kami Kyogoku. Acquiring his art from Heizayemon Terada, who taught him the Fukuno-Ryu (the school originated by Fukuno who, together with two other Ronin learnt three modes of Kempo from the naturalized Chinese Chin Gempin), he after many year's hard labour, mastered the secret of Ju Jitsu and founded his own school, which he named the KITO-RYU. The study of the art of throwing is given prominence in this school and its Kata, or formula, has attained a characteristically skilful perfection.

“TENSHIN-SHINYO-RYU. The founder Matayemon Iso was a retainer of the Kii clan. A native of Matsuzaka, Ise province, he died in 1862. In his boyhood he already evinced an aptitude for martial pursuits, and in his fifteenth year he was in Yedo under Oribe Hitotsuyanagi, a master of the Yoshin-Ryu. On the death of his teacher, with whom he remained six or seven years, he betook himself to Joyemon Honma, an adept in the Shin-no-Shinto-Ryu. His untiring industry during the ensuing six years having given him a thorough competency, he took leave of his master and set out on a tour of study throughout the country—an old custom much resembling the knight-errantry of the West. Everywhere he encountered tournament-renowned Ju Jitsu masters in the service of the different clans, and such was his proficiency in the art that he never once lost a combat. While he was staying at Kusatsu, in the province of Omi, as Ju Jitsu teacher, he displayed still more wonderful skill. There, out of sympathy with some persons in a dangerous plight, he volunteered to encounter a gang of over a hundred rascals and with the help of a certain Nisimura, one of his disciples, he succeeded in dispersing the gang who might otherwise have been the cause of much bloodshed. The event was as instructive to him as it was beneficial to others, for he was at once greatly impressed with the paramount importance of Atemi which consists of striking the vital and vulnerable point of an enemy's body. It is true that different Ju Jitsu masters were fully aware of the necessity of chiefly resorting to Kumiuchi on the battlefield and of using Atemi for this purpose, but they seldom went further. Thus it was reserved for Iso to complete the neglected study. Convinced from actual experience that no real victory could be won except by those skilled in Atemi, he directed his whole attention to its study, at the same time endeavouring hard to understand how to withstand. At last he succeeded in attaining his desired end and founded TENJIN-SHINYO-RYU, which name was derived partly from the Yoshin-Ryu and partly from the Shin-no-Shinto-Ryu, the course of his Ju Jitsu lessons consisting of one hundred and twenty-four tricks. After visiting various provinces he came up to Yedo where his renown soon collected under him no less than 5,000 disciples.

G. K.

(To be continued.)

GROUNDWORK

By LEN HUNT.

Illustrations by L. A. WEBB.

I hope readers of the last quarterly bulletin were able to grasp a fair idea of the several examples of locks and holds from the Astride Position described therein. In the current bulletin, I propose to try and describe the "Between Legs" position, together with several locks obtainable from it.

BETWEEN LEGS POSITION.

Lie on your back, keeping your head raised from the mats, with your opponent kneeling between your legs and facing you.

Your left hand should grip the inside of your opponent's left collar, palm uppermost—thumb outside, the hard bone of your wrist coming against the carotid artery, which lies just below the ear. Your right hand grips opponent's left sleeve, just above the elbow from the outside.

Your two hands draw him down towards your own body.

The soles of your feet should be pressed against opponent's groins to prevent him from using the lower part of his body; alternatively, you can press the sole of your right foot against his left groin, while your other foot hooks the inside of his right upper thigh from between his legs in a drawing movement towards your own body. (Fig. 1.)

ARM LOCK UNDER ARMPIT.

From the above position slightly raise your body from the mat and try to trap your opponent's left wrist under your armpit. At the same time and using the sole of your left foot (which should be pressing against his right groin) as a pivot, turn your body in a slight circle to your right. Your body should now be nearly at right angles to opponent's body and his arm completely straightened by your turning movement, provided you have not allowed his wrist to slip from under your armpit.

To complete the lock, glide your right foot (which should be pressing against his left groin), along his body, and press with the inside of your thigh against his elbow joint, slightly raising the top part of your body from the mat.

Once again, it is essential for the success of this armlock to keep your opponent's right wrist tightly wedged under your armpit throughout the entire movement. (Fig. 2.)

BENT ARM LOCK.

Here is an excellent example of making use of opponent's own movement to secure an arm lock.

Say you have attempted to obtain the arm lock previously described, but your opponent forestalls you by withdrawing his attacked arm towards his body. Your right hand—which should be gripping his left sleeve just above the elbow—should slide down

his arm and grip his wrist, pushing it up and along his back in a circular movement; at the same time reach over his left shoulder with your left hand and grip your own right wrist, palm downwards, by passing it beneath his now bent arm. With an upward pressure of your left hand continue forcing his arm up his back with your right.

To complete the lock, withdraw your right leg—the sole of which should have been pressing against his left groin, and pass it round his lower back to prevent him somersaulting out of your bent arm lock.

During the entire movement, make certain that your left leg is against his right groin preventing him from bringing the lower part of his body into play. (Fig. 3.)

LEG OVER ARM LOCK.

Should your opponent place his left hand within the vicinity of your left shoulder, grip his wrist with your left hand, pressing it tightly to your own body. Your right hand should grip his sleeve just above his elbow joint.

Again, using the sole of your left leg—which should be pressing against his right groin—as a pivot, swing your body slightly to the right, at the same time swinging your right leg over his arm and under his chin.

To complete the lock, straighten your right leg and press opponent's trapped wrist to your right.

Make sure that the sole of your left leg is placed against opponent's right groin during the entire movement to prevent him using the lower part of his body. (Fig. 4.)

(To be continued.)



FIG. 1.



FIG. 2.



FIG. 3.

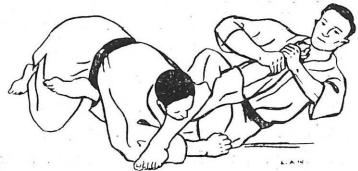


FIG. 4.

OVERHEARD IN THE DOJO

By the EDITOR.

How did we start the Kubukwai? Well, when I joined the R.A.F. I was posted to Blackpool to get my kit and K. met me at the station and the first words he said were: "We're going to give a show to-morrow morning!" "What show?" "Judo." We did a few throws and the officer offered five shillings to any airman who would allow me to put him out but I said I wasn't allowed to unless G. K. was here. From there it was just scrounging and propaganda. We owe it all to K. He did the organising. We had thousands of leaflets printed and every time we went in anywhere for a cup of tea we left a leaflet on the wall behind us.

Well, we got the club going and we got as many as fifty-nine in one evening. That was hard work. They were throwing us all the time. We managed to get the C.O. as a student and that helped a lot. The difficulty was that people kept shifting away but they learnt enough to open their own little clubs and we had correspondence from all over the world, Malta, Gibraltar and South Africa.

The biggest show was when we got the Budokwai team up to Blackpool. We did it in the Tower Circus, where they kept the elephants and when I got there the people were queuing right round the block. I have never seen anything so packed in my life. But we had a fright, I can tell you. The train was two hours late and the Budokwai team only got there five minutes before the show was due to start and then we didn't know where old K—e had got to until we found him downstairs wandering about among the elephants. It was a wonderful show. When we gave the invitation to the audience the whole band put their instruments down and walked round to queue up.

G. K. got the finest reception he ever had in his life. All the airmen were clamouring for him. They wouldn't stop clapping. But although the Budokwai won the contests the cup we'd scrounged for the winning team got presented by mistake to the R.A.F. The Group Captain made a wonderful little speech and you should have seen old B's face as he accepted the trophy. Needless to say it was grabbed off him when he got behind the curtains.

At one show we did we arranged for eleven men to attack me. Ten were in Judo kit but the last one was a Flight Sergeant in uniform. Two men were holding me and one was going to hit me on the head and the rest all came in anyhow and unrehearsed. The last one was the Flight Sergeant and he had the knife and his instructions were to come straight in and try to get me. Well, I was a bit dizzy after throwing the ten and when I saw the Flight Sergeant's crown and stripes flashing in it overawed me a bit and the next I

knew was that the knife was flicking across my chest like a red hot iron. The Flight Sergeant left the ring then. He sailed out and landed just outside. He hurt his back slightly but he was all right next day. He was quite impressed apparently. He was quite nice to me after that. But we never did that one again.

S. brought a young soldier with him once who did self-defence. It was a sloping stage and S. had not taken account of it and when he threw this fellow he went right through the big drum in the orchestra just as if it had been arranged. Unfortunately, afterwards we got the bill for the drum and that was not so good, I tell you frankly.

About seven thousand passed through our hands at Blackpool so I think we did a good job.

JU-NO-KATA

(Continued)

A description of the 4th, 5th, 6th and 7th movements.

By IVY CARTER.

Illustrations by L. A. WEBB.

Introduction by G.K.

Juno Kata was formulated by Prof. Jigoro Kano, the founder of the Kodokwan, Tokyo, as a form of physical education based on the principle Ju, gentleness and yielding, of Judo. While the practice of it can be a fine exercise and recreation, it is also a good way of learning the art and spirit of Judo.

Each movement is based on attack and defence, and ends with the attacker held in a helpless position or on the point of being thrown.

The advantage of Juno Kata is that it can be practised without special costume or prepared room, also in a pair or number of pairs, by all ages, strong or weak.

However, to derive the full benefit of Juno Kata one must understand the purpose and meaning of each movement and give it "expression." The movements are in slow motion but as they are intended for physical exercise, the muscles must be in full activity, and the movements should not be a mechanical formality. In the act of delivering a blow or putting the attacker on to his feet at the end of a movement, both, attacker and defender, should move slowly and deliberately, with muscles at full tension.

The most important point to observe in Juno Kata is the co-ordination between the partners and every part of the body. The "contact" first gained must be retained right through the movement. In order to do so one must not move faster than the opponent nor relax. Another point is that one must not divert the direction of the opponent's movement but follow exactly in the line of the movement to weaken his balance.

It may take some time before one can appreciate the merit of Juno Kata but it is worth the effort.

Key : A = attacker, D = defender, R = right, L = left.

FOURTH MOVEMENT, Shoulder Twist.

Attacker.

Defender.

1. *D.* stands immediately in front of and back to *A.*
2. *A.* places L. hand in front of *D.*'s L. shoulder, R. hand behind *D.*'s R. shoulder, presses strongly, and twists *D.* left about turn
3. While turning, *D.* slides his L. hand down inside *A.*'s R. arm and grasps *A.*'s R. wrist. R. hand grasps sleeve outside *A.*'s shoulder. *D.* bends knees and assumes position for shoulder throw, completing movement as in Third Movement, paras. 3 and 5 (see Vol. 2, No. 2).
4. *A.* completes movement as in Third Movement, para. 4.

FIFTH MOVEMENT, Chin Push.

Attacker.

Defender.

1. *D.* stands three paces in front of *A.* with R. side towards him.
2. *A.* thrusts at *D.*'s chin as in First Movement, para. 3.
3. *D.* avoids thrust by inclining body backward and with R. hand grasps *A.*'s thrusting hand, thumb in palm, continuing its forward movement, while taking a step left front with R. foot. Pivoting backward on R. toe, *D.* turns his body under *A.*'s arm (Fig. 1), drawing back his L. foot and assumes position to apply an arm lock.
4. *A.* thrusts at *D.*'s eyes as in Second Movement, para. 4.

5. *D.* grasps *A*'s thrusting hand, thumb in palm, and pulls him round till faced by his back, as in Second Movement, para. 5. *D.* then presses *A*'s hands down on to his shoulders and, preserving the same angle between his own arms and body, inclines his body forward, pressing *A*'s hands and shoulders downwards so that he is in a helpless position and can neither stand nor fall.

SIXTH MOVEMENT, Downward Cut.

Attacker.

Defender.

1. *A.* stands about a yard in front of *D.* with L. side towards him. *A.* raises outstretched R. arm and hand sideways and upwards above head, hand inwards, turns L., and stepping forward brings R. arm downwards to cut at *D*'s head. (Fig. 2).
2. *D.* avoids blow by inclining body backwards from knees. As *A*'s arm descends, *D.* grasps *A*'s wrist with R. hand and advances on R. foot, pressing *A*'s hand down and back (Fig. 3).
3. Yielding to *D*'s pressure, *A.* turns R., moves R. foot back and takes three steps to R., leading *D.* on his forward move. As *D.* tries to regain balance, *A.* places L. hand behind *D*'s R. elbow and rotates *D* round forward to L. (Fig. 4.)
4. Relinquishing *A*'s R. hand, *D.*, pivoting L. forward on L. toe (Fig. 5), makes a complete circle, placing R. foot well behind *A.* *D.* then grasps *A*'s L. hand on his own R. elbow, thumb in palm and carries it forward and upward to full stretch while with R. hand he presses *A*'s L. shoulder downward, (Fig. 6).

SEVENTH MOVEMENT, Shoulder Press.

1. *D.* stands one pace in front of and back to *A.*
2. *A.* raises both hands up sides of his body to full stretch overhead, brings extended arms down forward, placing both hands on *D*'s shoulders, and presses downwards with weight of body.

3. *D.* yields to pressure by curving spine forward and bending knees, and pivots backward to *L.* full circle. In turning *D.* grasps *A*'s *R.* hand with both hands, drawing it forward and upward over his own shoulder, till *A*'s body is in contact with *D*'s back (Fig. 7). *D.* then leans forward and runs two to three yards drawing *A.* after him.
4. *A.* is drawn forward behind *D.* in close contact with *D*'s back. *A.* then places *L.* hand in *D*'s *L.* hip and levers himself back away from *D.*, with weight on *L.* foot.
5. Retaining *A*'s *R.* hand in his own *R.* hand, *D.* turns *L.*, places *L.* leg behind *A.* and *L.* arm down across *A*'s body in front, holding *A.* bent backwards between *D*'s arm and hip, while stretching *A*'s *R.* arm upward to *R.* (Fig. 8).
6. *A.*, with body inclined backwards, is supported on *D*'s *L.* hip, helplessly.

Correction : It is regretted that the hand grip shown in Fig. 8 on page 31 in Vol. 2, No. 2, is not proper to the Third Movement as there stated, where it conflicts with the text, but to the Fourth Movement (see para. 3 above).

(To be continued)



FIG. 1.



FIG. 2.



FIG. 3.



FIG. 4.



FIG. 5.



FIG. 6.



FIG. 7.



FIG. 8.

MORE REFLECTIONS ON FEET

with particular reference to
HYPERIDROSIS, BROMIDROSIS and RINGWORM
By KHEIR-PEDIS

The occurrence of such distressing conditions as Hyperidrosis, Bromidrosis and Ringworm is much more frequent than would be generally supposed. Each condition can cause distress to a greater or lesser degree, in some cases actual embarrassment. Although aggravated by the somewhat higher temperatures of the summer months, and to a certain extent more noticeable then, they occur at all times of the year.

HYPERIDROSIS and BROMIDROSIS.

The condition known as Hyperidrosis is one in which the sweat-glands are over-active: that known as Bromidrosis is the same condition aggravated by the presence of evil-smelling fatty acids, produced by the presence of bacteria—most usually the *Bacterium*

Foetidum. Such conditions, in either form, would be a source of real embarrassment to both sufferer and exponent when practising Judo. For this reason it may be as well to examine the conditions at this stage.

Although both conditions may be general (affecting all parts of the body), we are, at present, concerned with the feet. The main obvious difference between the two conditions is the offensive odour produced by the bacteria in Bromidrosis. Both conditions may be largely affected by mal-functioning of the nervous system (in some cases due to a recently-suffered condition, such as pneumonia); and are sometimes associated with the shy, nervous type, and are coincident with slight nervous shock, or blushing. Hyperidrosis is, of course, less noticeable than Bromidrosis, though it is the more usual form. Both conditions can cause considerable physical discomfort. Nearly all cases can be easily relieved, if not completely cured, by carefully following the instructions laid down. At first it may seem that there is an enormous lot to remember but, if the advice given is persisted in, and becomes habitual, it will soon be found that it takes no longer than any other habits. However, the routine must be faithfully carried out for a considerable time. Remember always that the practitioner cannot "take the medicine"; it must be done by the patient himself!

Hyperidrosis is over-activity of the sweat glands, causing a blanching of the skin, generally accompanied by maceration: this is particularly noticeable in sections of the foot which are more enclosed and where the sweat glands are naturally larger, such as the sole, and where skin is in close proximity to skin, such as between the toes. In sections such as these aeration and evaporation are greatly decreased. In some cases it is possible that the increased sweating may have an unusually stimulating effect upon the skin, producing what is technically known as Hyperkeratosis, in which the skin becomes thickened, sodden, toughened and opaque: it may peel off in sheets and result in a greater or lesser degree of inflammation caused by friction.

There are two main headings for the successful treatment of such conditions—PROPER CARE of the FEET, and THOROUGH CARE of the FOOTWEAR. Treatment should be as follows:—

1. SCRUPULOUS CLEANLINESS should be observed by everyone at all times, but particularly by one suffering from either Hyperidrosis or Bromidrosis. In such cases, washing of the feet is necessary at least twice daily—on getting up, and on going to bed. Hot water is one of the subsidiary causes of sweating, so only tepid water should be used for washing. Rub the soap on with a loofah (if you can get one, nowadays!), being careful to rub towards the ankle, and not to

press too hard. It is not, of course, necessary to use soap every time the feet are washed, in fact, I think the less soap used, in such a condition as Hyperidrosis, the better. It is also good (and refreshing) to wash the feet just before the mid-day meal. (Members of the Budokwai will, of course, wash their feet also before and after practising !!)

2. DRYING THE FEET should be done with a fairly rough towel : it is better to dry them rather by pressure than friction. Be specially careful to see that the sections between the toes are thoroughly dry. After carefully drying, use the medicaments recommended in Section 8.

3. FOOTWEAR IS MOST IMPORTANT, being one of the potential causes of many foot troubles. Socks should be of natural grey wool : dyes are a contributory cause of sweating, blue dye being one of the worst. The socks should be roomy enough, allowing about half an inch at the end of the toe, and should, if possible, be made with a "straight inside" line by the big toe ; this allows for plenty of aeration. Shoes should also have a straight inner border, such as the Sir Herbert Barker shoe. Materials such as rubber and suède should be rigidly avoided, as they are non-porous. (Rubber-soled sandals would not of course matter, as the aeration is provided by the open top.)

4. CHANGE OF FOOTWEAR is most important : it is better for the socks and shoes, and much better for the feet. Wear a clean pair of hose daily, and a different pair of shoes. Before being washed, the hose should be soaked in a solution of water containing 1 % Lysol, or other reliable antiseptic, for about twelve hours ; they may then be washed in the usual way.

5. CONTRAST FOOT-BATHS are splendid for all sorts of foot-conditions, Hyperidrosis (and Bromidrosis) benefiting particularly from them. Use two basins, one containing comfortably hot water, and the other cold. Place both feet in the hot water for 20 seconds, then into the cold for 30 seconds. Continue this process alternately for about thirty repetitions, making certain to finish with the cold.

6. AERATION AND LIGHT BATHS are very important and will contribute very greatly to the health of the normal foot, and particularly to getting rid of Hyperidrosis. Unfortunately those suffering from this condition are generally most neglectful of the use of air and light. (In this respect Judo-ka are more fortunate than the average person, Judo being practised with the feet bare). In any case, give the feet plenty of air baths and light baths : even if it is only a few minutes, it is of the utmost importance and benefit. When

getting up put the footwear on last and when going to bed remove it first. This will help considerably to stimulate the normal action of the skin, and to improve the general condition of the feet. The wearing of sandals is an excellent habit (preferably without socks) all the year round. A good pair of sandals, composed of only a few straps for the "uppers," are much better for house use than the usual slippers.

7. SMALL HOLES should be punctured in the uppers of the shoes, to allow of greater evaporation : this can be done by the shoemaker, who will most probably follow any design there is, such as brogueing ; if there is no such design, ask him to puncture them in the "waist" of the shoe. Such holes will be too small to allow the feet to get wet, but large enough to allow adequate ventilation.

8. MEDICAMENTS. A very good Foot-lotion can be obtained from one's local Chemist. This is made up of 3% Salicylic acid in spirit (methylated being as good as any). Apply a little of this on a swab of cotton-wool, allowing it to dry well, especially between the toes. Powder may also be used to advantage, so long as it is not allowed to "cake," which is one of the chief causes of undue sweating ! Rub this also on the foot with a small swab of cotton-wool, being careful to dust off any superfluous after the foot has been treated. A very good powder for this purpose is "Cuticura" Talcum : another excellent one, made up by one's chemist, is :— One part of powdered sulphur to twenty parts of zinc stearate. Hydrogen Peroxide (10 volumes) can also be advantageously used, so long as it is not used more often than twice a week.

9. REMEMBER THE SKIN IS AN ORGAN, not just a covering, and will react to stimuli just as will other organs of the body, if it is allowed to do so. If the skin is allowed to be really active, one will not "feel the cold," nor be distressed by higher temperatures than usual. If the above directions are faithfully carried out, the result should be good : if, after about two months, there is little or no difference, it would be as well to consult one's medical practitioner.

RINGWORM.

Ringworm or, to give it its more usual name nowadays "Athlete's Foot," is a highly contagious condition which may occur at any part of the body : however, we are specially concerned just now with the foot. It is caused by a specific vegetable fungus which can be distinguished microscopically. There are two chief types affecting the feet, though several types may occur. The most usual is shown by sodden skin in between the toes, where the parts are in close proximity. Another quite usual type appears either on the Dorsum ("top") or the Plantar ("underneath") sections of the

foot. In both cases there is intense irritation, sometimes leading to scratching and consequent spreading of the condition to other parts of the foot or even to other parts of the body ! The type appearing between the toes is generally shown by white, sodden skin : that appearing on the Dorsum or Plantar aspects of the foot is more usually shown by small vesicles (looking like tiny blisters). Where Judo-ka are concerned, it would be more than selfish to practise with bare feet, owing to the extreme likelihood of spreading the condition amongst other members of the Club. So, if such a thing is suspected, it would be best to consult a chiropodist in the first place and take his advice in the second ! Such a suspected condition should never be neglected : professional advice should be sought at once for one's own comfort and for the safety of others. Unfortunately for Judo-ka, it would be best not to practise at all until the condition shows definite signs of clearing up : it thrives in moist conditions, consequently being very dangerous where there is any sweating, and in such places as a shower-bath. (If it is absolutely necessary to practise, it would be essential to put a water-tight dressing over the sections affected, such as a dressing covered by zinc oxide strapping). Drying of the feet, when affected by such a condition as Ringworm, is best done with cotton-wool, which can be immediately thrown away : a towel would spread the infection too easily to other parts of the body.

Treatment can generally best be effected by following the advice given in section 1, 3, 4 and 5 above. A foot-lotion composed of three per cent. Salicylic Acid in spirit is sometimes effective : at any rate it helps to reduce any Hyperidrosis there may be. It should be applied on a swab of cotton-wool, which can be thrown away after use. Another good thing, instead of spirit is Peroxide of Hydrogen (10 volumes) : this has a cleansing and sterilising effect on the skin. After using either of these preparations, apply one of the following :—

Whitfield's Ointment : this is composed of 5 per cent. Salicylic Acid and 5 per cent. Benzoic Acid, generally mixed in Lanoline, to make an ointment. The writer has found this most effective in the majority of cases : it is, generally, best to obtain a prescription from one's chiropodist, having it specially dispensed by a chemist. The best method of using it is to wash the affected parts with Peroxide of Hydrogen (10 volumes) : dry that up with another swab : apply the ointment with a third swab : throw all swabs away, replace caps on bottles and jars, and sterilise one's hands before touching anything else. (Sterilisation of the hands can best be carried out by the use of a little Hydrogen Peroxide (10 volumes), followed by a few drops of Dettol, or some other antiseptic, rubbed well into the skin.)

Instead of Whitfield's Ointment, another excellent preparation is one of Chrysarobin : this should be obtained from the chemist, and used as described above.

Another medicament, which is of use in some cases for this purpose is Liq. Iodi Fort. (strong solution of Iodine).: this, however, has a very drying effect upon the skin, and should not therefore be used more often than twice in seven days.

Good results are often obtained by following out the advice given above, but using Chrysarobin and Whitfield's ointments on alternate nights. In any case, as this condition is more than usually obstinate, and may take a long time to get completely rid of, treatment should be continued for some time after the apparent signs have gone. If, however, it is still more obstinate, and the outward signs continue for more than about six weeks to two months, one's medical practitioner should be consulted.

QUESTIONS AND ANSWERS

Question : What are the Fifteen Throws, and why fifteen ?

Answer : The Fifteen Throws are made up of three throws from each of the five groups of handthrows, hipthrows, leg and foot throws, and rear and side body throws. The throws were selected by the authorities of the Kodokwan as being the most instructive of the basic principles of each group, but there is no reason why the number should not be increased or diminished.

Question : At one time I thought I was making progress, but now I feel I am not, rather retrogressing. What is the reason ? Please explain.—“ Discouraged.”

Answer : The reason might be found in other ways, but the chief factor is that as you make progress you become more critical, also your mind becomes more occupied with finesse and technical details, which are then inclined to hinder the free flow of general movement. In other words, you become self-conscious. Thus the appearance of retrogression. It is the stage of hazard in Judo training. Real progress or skill will suddenly appear when the body assimilates theory and the mind becomes free of “ cares.” Be patient. Carry on with the practice.

The value of a thing depends on the mental approach, not on the thing itself.

Through force of habit and the obvious fact of the duality of nature, we are apt to see things in the light of contrast. Judo training is based on opposites and contrast, but it is only a means to an end. The height in the skill or the quality of the art is attainable only by rising above the competitive duality.

LIST OF CLUBS
affiliated to
THE BUDOKWAI
15, Lower Grosvenor Place, S.W.1.

LONDON :

Imperial College Ju-jutsu Club : Prince Consort Road, South Kensington, S.W.7.

Metropolitan Police Judo Club : Elliot House, Paddington, W.

St. Gabriel's Judo Club : Warwick Institute, Raneleigh Road, S.W.1.

University of London Judo Club : c/o The Budokwai, 15, Lower Grosvenor Place, S.W.1.

BIRKENHEAD :

Merseyside Judo Society : 7, Carlisle Street, Birkenhead.

BLACKPOOL :

The Keidokwai (Blackpool Police) : Police Station, Blackpool.

CAMBRIDGE :

Cambridge University Judo Club : Grafton Street, Cambridge.

ESSEX :

Essex County Constabulary : Staff Division Sports Club, Police Headquarters, Chelmsford.

FLEETWOOD :

Fylde Judo Society : 7, Rossall Grange Lane, Fleetwood, Lancashire.

GRIMSBY :

Katho-Ryu Judo Club : 262, Hainton Avenue, Grimsby.

HARROW-ON-THE-HILL :

Harrow School Judo Club : Harrow-on-the-Hill, Middlesex.

MANCHESTER :

Manchester University Judo Club : Burlington Street, Manchester.

OXFORD :

Oxford University Judo Club : Oxford.

SOUTH SHIELDS :

South Shields Judo Club, 22½, Burrow Street, South Shields.

WELWYN GARDEN CITY :

Murphy Radio Sports Club (Judo Section) : Murphy Radio Ltd., Broadwater Road, Welwyn Garden City, Hertfordshire.

